

SURVIVAL ESSENTIALS



Marc Jenner

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Survival Essentials

by [Marc Jenner](#)

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For information, please contact the author by email at Authors@UnitedPublishingHouse.com.

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Introduction



There are many occurrences that can place one in a dangerous situation. A simple hiking or camping activity can easily result to a life-threatening situation as a result of something going wrong or being unprepared for unfortunate events. Disasters happen everywhere, and one only needs to know what to do at the right time in order to survive.

To handle a survival situation can be extremely challenging. Even if people are always ready for tough conditions, a simple mistake can be fatal. Preparing for emergency situations not only requires survival equipment but also knowledge and skills. There are many survivalists who fail and perish just because they take some of the important things to remember and do during a survival situation for granted.

The internet has become a gateway for survivalists to obtain information and learn about how they can survive in a variety of emergency situations. Some people think their knowledge and tools are enough to help them deal with a life-threatening situation well. However, survivalism is not just about knowing but also practicing what one has already learned. When survivalists know exactly what to do in times of crisis, they will have a high chance in avoiding life-threatening situations.

This eBook can help campers, hikers, survivalists, and all individuals who want to learn the tricks and techniques in surviving a tough situation. Outdoor activities often expose people to life and death situations, and certain knowledge, skills, and experience are all that it takes to increase their chance of living.

The Four Big Basics: Shelter, Water, Fire, and Food



Shelter, water, fire, and food are the basic needs for human survival. However, these four needs can also become very challenging to obtain when one is in a survival situation. Survivalists need to know how they can get these needs in the most difficult situations as having them can increase their chance of survival.

Shelter

Finding or building a shelter is invaluable in a survival situation. It can keep them safe from a wide variety of life-threatening elements. It should also provide a venue where they can perform essential activities to help one survive.

Survivors can best build a shelter if they consider factors such as the weather conditions, their physical condition, time, and seasonal factors. For instance, they should evaluate whether or not the weather will change in a few hours or days. They should also consider the time of the day or night such as if it will get cold during nighttime. They need to build a shelter in a shaded area to protect them from the scorching heat of the sun during daytime. The shelter must also be one that can withstand unfavorable weather conditions. Survivors should also consider their physical condition. For instance, they need to find a shelter that has easy access to water or firewood so they can gather these even if they have physical limitations.

Those in a survival situation should see to it that they construct shelter during the daytime as it can be hard to do in the dark. They should plan and ensure that they construct their shelter in the right manner. They can also construct some barriers or

perimeter alarm within their campsite. This will let them know if someone or an animal is approaching their shelter.

How to Build a Shelter

Campers usually use tents. However, those who are in a survival situation without tents must make use of the materials available. They can use a tarp as a roof for the shelter. However, if they do not have any of the materials mentioned above, then the following steps can be helpful:

As mentioned above, it is imperative that they locate the best place to build a shelter. This area, also known as the “fringe,” pertains to an open field and underbrush. It is also important that the shelter is near or within 50 yards from the body of water. The water vapor can significantly help reduce a person’s body heat.

The next thing to do is find strong branches that can serve as a foundation of the shelter. They then need to construct a tent-like structure using the branches. They need to ensure that the branches are tied tightly with each other and part of them is buried on the ground.

They then need to get big leaves and moss to cover the shelter. They can also use other forest debris just as long as they are not easily blown away.

Water

Water is a necessity, whether a person is in the wild or not. The human body can survive without food for a month, but only around one week without water. However, it is something that can be difficult to obtain or maintain clean when one is in a survival situation. Dehydration is one thing that people should avoid, and this means they should ensure that they have enough water supply. There are two things that people need to do, and one is to know how to get water. The other one is to ensure that they keep the water clean and potable.

How to Find Water

Lakes, streams, and rivers are the most common sources of water in the wild. If they cannot find these bodies of water, then they can look for animal tracks as animals know where they can find water. Groundwater may also be available if the soil is muddy. Those in the wild can dig a hole and see if there is a water source underground. If they find water, they can just strain it using some cloth to eliminate the dirt or mud.

How to Keep the Water Clean

Campers or those in the wild should bring a container that has a screw-top, water-tight lid. They should also bring purification tablets, filtration bottle, or pump strainers. If these things are not available in the wild, there are other ways to keep the water clean. They can boil the water for about ten minutes or use a cloth to get rid of the dirt.

Fire

Knowing how to build a fire is crucial especially for those who are in a survival situation. Fire is very useful in cold environments and in doing other survival activities such as drying wet clothes, boiling water, and cooking food. It can even help keep animals and insects away from one's camping site or shelter. It is imperative that those in the survival situation know how to or have the things they need to build a fire.

Those in a survival situation can use two things to build a fire: one is having a lighter, waterproof match, emergency candle, fire steel, or a wet fire. If these things are not available, then they should use the primitive ways of building fire. People have been using some of these fire-making techniques for many ages, and they can perform them using elements or things that can be found easily in a survival situation.

How to Start a Fire

Friction-based fire making is one of the most popular yet challenging non-match techniques. There are several techniques to start a fire this way. For example, the hand drill method involves using wood. Another method is the bow drill that requires the use of a fireboard, spindle, socket, and bow. The flint and steel method is another way to build a fire, and it only involves the use of flint and steel. Those in a survival situation can also use a pocket knife's steel blade and quartzite if they do not have the flint and steel. In addition to flint and steel, they also need to use a char, birch, or fungus.

Another way to build a fire is the lens-based method. It can be done using a traditional lens such as the one from a magnifying glass, binocular lenses, or eyeglasses. Balloons and condoms when filled with water can also transform into lenses and help build a fire. Other fire-making methods are fire from ice, the coke can and a chocolate bar, and the batteries and steel wool methods.

Food

Food is the most important need of humans after water. In a survival situation where pre-packaged food items are not available, one needs to find something to eat within the campsite's perimeter. Survivalists can resort to eating animals for food, and they just need to choose the smaller ones as they are easy to catch and prepare. It is advisable to choose easy to trap animals or those that have a home such as a nest.

Survivalists who are in the wilderness have many food options to choose from such as insects, worms, crustaceans, mollusks, fishes, amphibians, reptiles, birds, and mammals. They just need to know things about the species of animal they plan to catch, learn how to build a proper trap, and ensure that they do not alarm their prey with the signs of their presence. It is also important that they know how to prepare the food properly. Some animals may require different cooking techniques to be safe for human consumption.

These are the four basic needs that people should always prepare for in a survival situation. There are many ways to survive, and they only need to learn about how they can get shelter, fire, food, and water during a survival condition.

Building a Basic Survival Kit for Warm Weather



A warm weather can expose a person to a variety of risks such as overheating, heat cramps, heat exhaustion, dehydration, or heat stress. Survivalists should always ensure that they know how to protect themselves from the tragic consequences of dealing with heat. There are many ways and tools to fight the heat. Once they have the knowledge and materials to reduce their risk of getting too hot in a warm weather, they will have a high chance of surviving.

Clothes and Shoes. Survivalists should bring clothing such as a sweatshirt, sweat suit for sleeping, long-sleeved shirt, t-shirts/tops, undergarments, and hooded sweatshirt. They need to wear light-colored clothes made of breathable fabric. Orange, light green, yellow, and white colored clothes reflect the rays of the sun more than absorb it.

They should also bring socks, hiking boots, sneakers, and hats. Survivalists should also avoid using flannel and polyester as they can hold sweat. Instead, they need to choose clothes that are made of synthetic sports fabrics as they can wick away perspiration.

Food and Beverages. Survivalists should ensure that they avoid high-protein and high-calorie food items. Instead, they can choose fruits and vegetables such as fruit salads. They can also bring along watery fruits such as watermelon to increase hydration. Water is very crucial for survival in warm weather. They need to avoid carbonated, alcoholic, and caffeinated beverages as they can cause dehydration. To be safe, they can bring a water container with a filter. This container can help them have a safe drinking water from streams and rivers in case they run out of supply.

Shelter. Tent, sleeping bag, and sleeping mattress are among the most important things to prepare to survive in warm weather. Survivalists should ensure that they choose a well-ventilated tent to keep them cool. They can also choose a tent with a rain fly and remove it during nighttime to allow the breeze to get inside the tent. Place the tent in a shaded area such as under the trees.

Hanging a tarp above the tent is also advisable to protect the shelter from the scorching heat of the sun. Survivalists can also place a blanket, plastic cloth, or tarp under the tent to block the heat radiated by the ground.

Personal Items. There are several items that survivalists can bring for heat or sun protection. They need to use a strong sunscreen, and if they go for a swim, they also need to use a water-resistant sunscreen. They need to wear sunscreen all over the body all the time as the sun can get through fabrics. Other items to bring are insect repellent, lip balms, soap, towels, dental care items, comb, and shampoo.

There are optional items to bring such as sunglasses. Survivalists just need to make sure that if they are camping on a tropical environment, they have the items discussed in the above paragraphs. They also need to remember that even if it is hot during daytime, it can also turn cold in the evening. This means that they should also prepare items to fight a cold environment.

Building a Basic Survival Kit for Cold Weather



Survival in cold weather can be challenging especially if one does not have the basic protection gear. However, survivalists must also have the will to survive as it can help them fight cold weather conditions. They need to make use of the things that they have to keep them warm such as cold weather clothing and equipment.

Things to Remember

Those in the cold survival situation should see to it that they maximize the warmth that they obtain from their protective clothing and gear. For instance, they should always cover their heads, wrists, necks, and ankles. The brain is very vulnerable to cold. If they do not cover their heads, they can lose body heat for up to 40 to 45 percent.

COLD, which means Clean, Overheating, Loose and Layers, and Dry, is another important thing that survivalists should always remember. It means a survivalist needs to keep clothing clean, avoid overheating, wear clothes loose and in layers, and keep clothing dry.

Things Needed to Make a Basic Survival Kit for Cold Weather

There are tools needed to fight a cold weather in a survival situation. Check out the tools or materials below to learn how you can make a survival kit for cold weather.

Fire-Making Tools. Survivalists just don't need to have these tools, but they should also know how to use them. They need to test the tools and if possible do it in a snowy area or cold environment. Examples of fire-starting tools are magnifying glass,

striker tools such as magnesium striker, ferrocerium rod and pocket knife, batteries and steel wool, dry fat lighter, matches, and lighters.

Cold Weather Shelter Materials. To build a shelter, it is best that survivalists have a reflective tarp as it can protect them from the rain or cold. They also need to have a cordage to help them build a shelter. Trash bags can also be useful when filled with leaves and used as a shelter door. There is a variety of shelter types such as “lean to shelter” made from an emergency blanket, branches, poncho, tarp, trash bags, and foliage. They can also bring materials to build snow caves, snow trench, pit shelter, or a tree den.

Survival Kit Essentials. There are tools that survivalists will need during a tough cold situation such as a knife and compass. Knives are extremely helpful especially during harsh winter conditions. It can help people gather food, cut branches, and make a fire. A compass is also very helpful for navigation or in locating the sun during a cloudy, snowy day. Having a sleeping gear can also be very helpful. Survivalists just need to ensure that their sleeping bags can keep them warm even in harsh cold conditions. They can also bring a fishing line, cord, hand warmers, whistle, flares, and flashlights.

Clothes and Shoes. Having the right clothes is essential for survival in a cold environment. Clothes and shoes include gloves, hats, coats, jackets, boots, and pants. Survivalists need to make sure that the clothes can allow moisture to escape from their bodies. If the moisture stays, it can encourage freezing. Survivalists should wear layered clothing made of proper materials. For instance, layer one is the wicking layer, two should be wool, three fleece, and four from wind-proof and water-proof shell.

Survivalists should also ensure that their footwear is huge enough to accommodate thick wool socks. If they are in a winter survival situation especially if they are in a deep snowfall area, they can create snowshoes. They can use wood, rope, and a knife. Snowshoes are helpful in walking through deep snow. Thick socks and waterproof boots are also important in a survival situation as they can increase protection from frostbite.

First Aid Items. Survivalists can purchase winter first aid kits that are typically available on local stores. They need to make sure that their kit has a thermometer as this can help them evaluate their temperature and avoid hypothermia. They should not forget medicines for ailments that happen in cold conditions.

A cold environment cannot place survivalists in a life-threatening situation provided that they have the things needed to fight the weather. These items are very useful, and they can even help save lives in a survival situation.

Navigation Tools You Shouldn't Be Without



There are basic navigation tools that all survivalists should always have. They have been using these tools for many centuries or decades, and until now they are still very popular. In the absence of these navigation tools, survivalists need to learn how to use the help offered by nature. Check out what these tools are and how to use them properly.

Map

Every survivalist should always have a map. There are different maps to choose from, and one is for wilderness navigation or the USGS map. In choosing a map, survivalists should ensure that the map covers the entire area and has features like boundaries, roads, and streams. They should also make sure that the map has a scale that they are comfortable with.

Survivalists can make the most out of their maps by simply enhancing their general knowledge about the geographical guide. For example, they can view the map, take a look at the landmarks, and research online about how they look in real life. This is one of the best ways to be familiar with a map and be ready to use it during a survival situation.

Compass

The compass is another navigation tool that survivalists should possess. Finding the special features is important in purchasing a compass. For instance, it should have a

sighting mirror, clear base plate, meridian lines, rotating bezel, and declination adjustment and arrow. You can use a compass with or without a map. Survivalists should learn about how these features work and how to use them correctly.

To use a compass, survivalists just need to position the equipment in front of their chests and flat on their palms. There are many things to learn about using a compass such as understanding the basic features of a compass, the difference between the magnetic north and true north, and how to correct for declination.

Location Marker

Location markers are extremely helpful, whether or not the user is online. Survivalists can use their mobile phones to take advantage of location markers. They need to access one of the best features of Google Maps known as the “OK Maps.” With this, they can use the location marker without the need for data connection. This acts as a saved map that allows a survivalist to zoom in to check out details.

What to Do When You Don’t Have a Compass, Map, or Location Marker

Survivalists need to know what to do when they do not have any of the navigation tools discussed in the above paragraphs. Maps, compasses, or cellphones with location markers can get lost or destroyed in a survival situation. They should know how to use the navigation tools that nature can offer.

Survivalists can resort to doing the shadow-tip method, and it involves using the sun and shadows. What they need to do is get a stick, place it into the ground, and mark the tip of its shadow with a stone or twig. They need to remember that the shadow mark is always the west anywhere on earth. After waiting for about 10 to 15 minutes, they will see that the shadow tip will move in a few centimeters. They need to mark the point of origin to the destination of the shadow tip and identify it as the east-west line. They then need to position their left foot in the first mark and the right to the second mark. Once they do this, they are already facing the north. This is applicable everywhere one goes in the planet.

There are other techniques such as using the moon as a reference. Survivalists will always find their way if they keep these points in mind.

Making Your Own First Aid Kit



Having a first aid kit is imperative as accidents often occur, and injuries always need to be treated with urgency. In a survival situation, there are typically no doctors and other medical professionals that can help patients have the medical help they need. First aid kits can help survivalists provide immediate medical help to those who need it including themselves.

Things to Remember

Those who want to make a first aid kit should know that producing a good one can increase their chance of survival in difficult situations. They need to remember that band-aids cannot keep a person alive long enough to reach the hospital, so there should be a more appropriate first aid item for major injuries. They also need to remember that minor injuries happen more than the severe ones. This means that those in a survival situation are in a high risk for infection if they do not use antibiotic ointments, band-aids, or peroxide. Infection can be more life-threatening than the original wound. They need to clean up and sterilize the wound before anything else.

Survivalists also need to ensure that the number of items in their kit can last for an extended period. They also need to check the expiration dates of the medical supplies and learn how they can use the items in the kit.

Identifying the Needs

Survivalists should also remember to find out what supplies they need to satisfy their first aid needs. A first aid kit can have three gear types: one is for major injuries, minor injuries, and continuing operations. They need to know what they need to treat major bleeding such as alcohol pads, sutures, sterile wrap, compression bandages, and liquid skin. To open airways when a patient is no longer responsive, one needs nonlatex gloves to keep the mouth open. They should also have the necessary equipment to help head trauma, burns, sprains, and fractures.

For minor injuries, they need to identify supplies for blisters, sunburns, cuts and lacerations, puncture wounds, bites, and scrapes. For injuries that require an operation, survivalists need to prepare slings and splints to immobilize broken limbs. They also need to prepare medications for cough, allergies, diarrhea, pain, and other treatments. It is also wise that they prepare cleaning equipment such as cotton balls, hydrogen peroxide, bandages, gel antibiotics, and other things necessary for dressing a wound.

Samples of First Aid Kit Items

- Backpack or messenger bag to place the supplies
- Water bottle
- Bandages
- Small Ppt
- Whistle
- Matches/lighter
- Lightweight nylon cord
- Utility knife
- Safety pins
- Medicines
- Magnifying glass
- Emergency blanket
- Flashlight
- Mirror
- Gloves
- Compass
- Plastic rain poncho
- Multipurpose tools

Know Where to Find or Purchase the Items

These first aid items are available in many online stores such as general purpose website, tactical medical sites, and medical websites. There is also a wide variety of first aid supplies in drug stores. Stores in hospitals also offer medical supplies that are inexpensive and of high quality.

Put the First Aid Kit Together

Survivalists can purchase premade first aid kits as they often contain basic items for survival. They can also choose military kits as they are tougher than civilian kits. Military first aid kits are extremely helpful for extremely challenging survival situations.

In putting the first aid kit together, survivalists need to consider its size. The size typically depends on several factors such as how they are going to carry it, the space, and a number of first aid items. The different kit sizes can belong to different categories and they are as follows:

- IFAK or the individual first aid kit is the smallest and has the basic gear to provide one person with the items needed for minor or major injuries. It has a sufficient number of first aid kit items, but survivalists should not expect that it can last long or for many days.
- A Good Samaritan bag is one level higher than the IFAK. It contains survival items good for one person for an extended period. The Good Samaritan bag also allows a survivalist to help others.
- The Family Medical Bag is the largest mobile first aid kit. It can cater to the needs of a family of survivalists for an extended period. It has the same items as the previous two kits discussed above only that they come in larger quantities.
- The Vehicle Kit is one that is light and is effortless to carry. However, it also has a limited space. Survivalists should choose a vehicle kit that has the same size as a large Family Medical Bag and can accommodate fragile and specialized first aid items.
- The Medical Drawer is a stationary kit that has the same size as the vehicle kit and can hold a number of specialized items. It can even contain childbirth and dental kits.
- The Medicine Cabinet is the largest and can serve as an emergency room. This is usually expensive and is suitable for specialized and surgical procedures.

Survivalists should also see to it that they can easily access the first aid items once they open their kits. They also need to inspect the items before bringing the kit.

First aid kits can be very useful, but they can also be useless if survivalists do not know how to use them. They can learn about how to use the supplies by researching online or taking courses from medical training facilities. They should also practice in applying what they have learned during the training. First aid kits may vary according to the needs of survivalists. It may also depend on how tough the survival situation is going to get.

Basic Foods to Travel With



As mentioned in the first chapter, food is essential for survival. There are basic food items that are ideal for survivalists or those who are susceptible to being in a survival situation. Check out what these food items are and how to survive in their absence.

Know the Survival Food Pyramid

The survival food pyramid is one thing that survivalists should familiarize. The top of this pyramid contains the food items that they may need during a short amount of time in a survival situation. For instance, if it is a 3-day survival situation, survivalists can purchase basic food items that are easy to cook or eaten directly such as cup noodles and snack bars. For an extended period of survival situation, they can purchase food supplies that can last for weeks. If the survival situation may last longer, then they need to buy food items that have long shelf lives.

Purchase Survival Food Items

There are essential food items to bring for anyone who is at a high risk of being in a critical situation. These food items are available at grocery stores; they do not spoil easily and are inexpensive.

Freeze-Dried Food. These preserved perishable food items are easy to eat and come in different forms with relatively long shelf lives. There are many freeze-dried

food varieties such as pre-cooked spaghetti, scrambled eggs, lasagna, and other meals.

Canned Food. These can be eaten cold or without heating. They are normally inexpensive and do not spoil easily if left unopened. There are many canned food options available in the market such as canned meats, canned vegetables and fruits, and canned tuna.

MREs or Meals, Ready-to-Eat. Survivalists can also buy MREs as they are very tasty. They are also ideal for campers as they only require heating. Most MREs come with chemical heaters and have impressive shelf lives.

Dehydrated Food. These are food items that have long shelf lives and are also ideal for survivalists. They are not heavy and can be eaten without cooking. Samples of dehydrated food items are banana chips and jerky.

Moreover, ideal food items to bring are beans, kale, cantaloupe, berries, barley, seaweed, and fish.

What to Do If You Run Out of Food

People can bring food items along while camping or traveling. However, if they find themselves caught in a situation where they run out of food, then they need to forage. There are things that survivalists can do to survive without the food items discussed in the above paragraphs.

Wild Edible Plants. Survivalists can take advantage of the food items that they can find in their surroundings especially if they are in the wilderness. There are wild plants that are edible such as amaranth, asparagus, burdock, cattail, clovers, chicory, chickweed, dandelion, green seaweed, and many others. They just need to avoid toxic plants such as those that have fine hairs, discolored sap, and soapy taste.

Edible Insects. It is no longer a surprise that there are edible insects, and most of them are rich in fat and protein. Examples of these insects are ants, slugs, snails, crickets, grasshoppers, earthworms, maggots, and termites.

Fishes. They can also go fishing if they are near a body of water such as a river or lake.

Meat. Trapping animals is also another alternative to find food. Hunting requires too much energy, so it is advisable to just trap animals. They can also reserve the meat they obtain from animals through drying.

Bird Eggs. These are also ideal food options for survival situations. Eggs can be baked, fried, or boiled.

Survivalists should ensure that they bring food items that have no expiry date. They can also opt for ones that will expire in a few years. If they do not have pre-packaged food items, then they can consume edible animals and insects in the environment.

Best Methods for Water Purification



Survivalists do not just need to have water, but they also should make sure that they have one that is clean and safe to drink. A potable water can be hard to find in a survival situation. However, there are tools that survivalists can use to purify water. These water purification tools and methods can help them supply their bodies with the water they need to survive.

Water-Purifying Products

One of the best and most probably the easiest way to purify water especially in a survival situation is to use water purification products. Backpackers, hunters, outdoor enthusiasts, and international travelers normally use these products. These even used in emergency situations when the water supply is unsafe such as during hurricanes or floods. These products can help eliminate bacteria in water and make it potable.

There are many products to choose from, and they can vary in forms and efficiency. Water purification tablets can purify water in about 10 to 15 minutes, and they can eliminate waterborne pathogens. People can survive for several weeks with the use of these products. Another option is to use water treatment drops. This product is a great alternative to tablets for anyone who wants to drink potable water during survival situations. There are also other products such as water purification straw, water microfilter, and water bottle with built-in water filtration system.

Boiling

Boiling is an option if you do not have any of the products discussed in the above paragraph. The boiling process can eliminate microbes and bacteria. Aside from the removal of bacteria, worms, and viruses, boiling can also eliminate chemicals and some microorganisms from water. Survivalists just need to make sure that they boil water for five to twenty minutes. The water purification method requires the use of fire and container. Any container will suffice just as long as it can withstand fire.

There is also another boiling option, and it involves the use of rocks. This is a very old way of purifying water especially if nothing else is available but rocks. Otherwise known as stone boiling, this method is easy to perform. Survivalists just need to heat some stones. After heating the stones, they can then submerge the stones in water. They need to add heated stones until the water starts to boil.

Filtering

In the absence of the products and boiling equipment discussed in the above paragraph, survivalists can resort to water filtering. There are several water-filtering options to choose from. One is through the use of a cone made from birch bark. Survivalists just need to make a cone out of the material and make sure that there is a little hole in the bottom. They can tie up the cone to prevent it from opening up. The next thing to do is to set some stones above the hole and then charcoal, grasses, and sand. They can also add some other materials to filter particles from the water.

Survivalists can also use fabric or plastic bottles in filtering water. They need to poke small holes at the bottom of a plastic bottle. They then need to locate filtering materials such as gravel, small rocks, grass, sand, and cotton clothing. The larger materials can be placed on top while the cotton should be at the bottom next to the holes. The cotton will help catch the small particles from the water. They may then pour water into the bottle filter, allow the water to be purified, and make its way or drain to a clean container.

Water purification in a survival setting can be easy just as long as people are knowledgeable about how to do it in the right way. These are proven ways to purify water, and these can help save many lives.

Protecting Yourself from the Elements



Survivalists have tents, clothing, and other materials that can protect them from a wide variety of threats. However, there can also be certain elements that they need to protect themselves from such as dangerous plants, wild animals, and insects. They need to know exactly how they can avoid and be safe from these elements in order to survive.

Dangerous Plants

As discussed, plants can be a great option for food when survivalists run out of edible items to eat. However, there are plenty of poisonous plants in the wild. These plants can be extremely dangerous if one ingests, gets in contact, or even just breathe them. One of the most alarming parts is that there are quite a number of edible plants that have deadly look-alikes and relatives. It is imperative for survivalists to know how to identify these plants to prevent poisoning.

Survivalists can do some precautionary measures such as wearing long sleeves and trousers. They can also wash their skin with water and soap or the clothes with residues of poisonous plants. They need to avoid contact with plants such as poison ivy, poison sumac, poison oak, cowage, trumpet vine, and rengas tree. The plants that are poisonous when ingested are castor bean, death camas, chinaberry, oleander, pangi, lantana, physic nut, rosary pea, and poison and water hemlocks.

Wild Animals

The presence of wild animals is one thing that survivalists need to consider. They need to remember that they can be unpredictable and highly dangerous especially if humans get too close. Knowing what animals may be residing in the campsite and how to deal with them well is invaluable to ensure safety. They need to be alert about the signs of animal activity and take precautions in getting in contact with animals. They need to avoid contact with animals whether they are sickly or dead as they may have a variety of diseases. Samples of wild animals are bats, bears, and moose.

Survivalists need to avoid storing food inside their tents as bears can easily smell it. If they store food inside their tents, then it is wise that they place it inside a container. They should also change clothes after cooking especially before bedtime as the smell of food can attract bears and other wild animals. Lastly, no matter how tempting it is, they should avoid feeding wild animals.

Fleas, Ticks, and Other Insects

Tiny insects can carry diseases and bite humans. Survivalists need to use lotions and other protective products that can keep these insects away. If a tick bites them, survivalists should remove it with the use of a pair of tweezers. They should avoid touching the tick with their bare hands. They also need to wash the bite wound with water and soap. There are also some people who are allergic to wasp and bee stings, and they should bring medications in case of emergency.

Survivalists can use torches or citronella candles within the perimeter of their campsite. They also need to place food items in containers to avoid attracting bugs and other insects. There are other remedies such as using a natural bug spray, insect repellent clothing, DEET products, mosquito coil, mosquito repellent lantern, and mosquito head net. It is also wise that they use a screen room or a tent that has screen walls.

These elements can place survivalists in life-threatening conditions. If they know how they can avoid these elements, they will have a high chance for survival.

Tools to Light the Way



There are tools that can help survivalist in times of total darkness. These tools are essential for survival, as they make it possible for people to see things. Check out what these tools are and how they are useful in a survival environment.

Matches

Survivalists need to choose waterproof matches and store them in different places. These matches are typically more expensive than the regular ones. They can make their own waterproof matches by performing certain procedures. They can soak regular match sticks into turpentine for about five minutes and let them dry for 20 minutes. The sticks can remain waterproof for months. They can also use nail polish, candle tears, and paraffin wax to make waterproof matchsticks.

There are also matches called strike anywhere. They are those that have a white tip on the match stick top. Survivalists can strike them anywhere from trees, teeth, and zipper.

Lighters

Lighters are also a great alternative for or a companion of matches. They should also be waterproof and windproof. There are different kinds of lighters, such as the classic Zippo that is rectangular. The butane lighters are those that release blue flame and

act as a torch. The basic lighters are the cigar and cigarette. There are also stormproof lighters that are ideal for those who are about to have winter camping.

Lighters should always be accessible. Survivalists need to make sure that they choose a non-leaking fuel for their lighters. They can also keep extra fuel inside the container.

9v Battery and Steel Wool

This is easy to use as a survivalist just needs to get a steel wool in contact with the poles of the battery. Any battery will work, but the 9-volt battery does it the best. Survivalists can use an electrical to cover the battery. They then need to run the steel wool on the battery pole to conduct an electric current. They can also use leaves and place them in the steel wool to easily catch fire. They need to make sure that they do not touch the steel wool when it is red to avoid burns.

Flint and Steel

The use of flint and steel is another fire-making method that does not require a match. It is wise to use steel that has high carbon content. Aside from the flint and steel, survivalists also need to use a char cloth and tinder. To build a fire, they need to make sure that everything is ready. They need to place the char cloth near the edge of the flint. Once the char is glowing, they can place it on the tinder to make fire. They can also blow the smoke to encourage a fire.

Two Sticks

Rubbing two sticks together can also make fire. Survivalists first need to find tinder or anything that is fibrous and dry such as shredded plant fibers and dried mosses. The process is easy as they just need to create friction from the woods and use the fibrous and dry materials to catch fire.

Empty Lighter

Empty lighters can also be useful in a survival situation. They can be used to provide sparks and in the same way as the flint and steel method. They need to dig a hole and set up a fire catching pit. They can spray an aerosol if they have it to the ball of tissue to make it flammable. They may then flint the wheel of the lighter and ensure that the tissue is so close to the spark. After a few tries, the tissue will then catch fire.

Glasses

Glasses and newspapers are a great pair for fire building. Survivalists just need to let the sunlight pass through the glass towards the paper. It can take some time but

eventually the paper will burn.

Flashlights

Survival flashlights are extremely useful. The most popular form of flashlight is the torch. In choosing a flashlight, survivalists need to consider certain factors such as the type, brightness, battery type, color, and quality. They also need to check if it is rechargeable or not, or if it is of high quality.

All of these tools can be very helpful in challenging situations especially if one is in the wilderness. Survivalists need to bring some of these tools to ensure that they will not be crawling in the dark.

What to Do When Things Go Wrong



Survivalists are often capable of enduring whatever situation that comes their way with the right knowledge and skills. The only problem is that if something goes wrong, survivalists will find it hard to stick to their survival plans. There are ways to deal mistakes that people make. Here are the things survivalists need to do when something goes wrong.

Absence of or Inappropriate Shelter

One mistake can lead to a deadly consequence especially if it involves a shelter in a survival situation. People can bring tents and instructions to build them, but things can go wrong. People may not know or forget to bring an appropriate tent for the weather condition. They need to know how they can properly deal with this situation as it can greatly decrease or increase their chance of survival. If they forgot their tents and other materials in building a shelter, then they can resort to using branches, twigs, and leaves to build a roof.

Lack of Navigation Tools

Maps, compasses, and location markers are the navigation tools that most survivalists do not forget to bring. However, these tools can get lost or malfunction, leaving them lost in the woods. If this happens, survivalists need to remember how to find directions using the sun, shadows, and stars. These methods are reliable, and they can be used anywhere in the world without the need to use devices.

Miscalculating the Risk

Camping and fishing trips can become one of the best days of a person's life, but it can also lead to a life and death situation. No matter how prepared survivalists are, things can still go wrong such as the campsite being home to wild animals. They need to ensure that they eliminate all of the risks involved in their journey. When they are already in a situation where there are wild animals near their campsite, then the best thing that they can do is avoid attracting the animals.

Absence of or Inappropriate Clothes

If survivalists find themselves without the right clothes to wear in a survival situation, then they should make use of the materials in their surroundings. When it is cold, survivalists can use fire-starting materials or leaves to keep them warm. They need to make sure that their clothes can get easily dry after being wet. Thus, bringing appropriate clothes is of paramount importance.

Medical Emergencies

Since we have already discussed how to set up a first aid kit, it is equally important for survivalists to learn how to use this equipment to manage an injury when a medical emergency arises. Below are the medical emergencies that could happen and how survivalists should deal with it.

Breathing Problems. This can be caused by neck or face injuries, foreign matter in throat, and mouth and throat inflammation and swelling. The patient's airways should be free from obstruction. This can be done by removing the foreign object from the patient's mouth or throat using a finger. Mouth to mouth resuscitation is advisable for patients who are unconscious.

Severe Bleeding. This is very dangerous and can become fatal if not managed correctly. Severe bleeding can be temporarily stopped by applying direct pressure over the wound. If possible, allow the pressure not just to stop the bleeding but also to seal the damaged surface.

Shock. This can be prevented and treated in many ways. For instance, it can be done by placing the victim on his abdomen and turning the head to one side. This can help prevent the victim from choking on blood or vomit.

A million things can go wrong regardless of how prepared survivalists are. They just need to prepare themselves ahead of time and determine what they need to do to when something goes wrong.

Conclusion



Survival situations can be a pleasantly unforgettable experience, but it can also be a tragic event. The key to surviving a tough or life-threatening situation is to learn the techniques in dealing with all the things that can endanger life. Many people think that camping and hiking activities are safe, and they do not have to learn about the survival basics. However, when things go wrong, the only way to live is to make use of one's survival knowledge, skill, and experience.

There are various occurrences that can expose people to certain risks and threats such as wildfires, natural disasters, being lost in the wilderness, and many more. These incidents offer different scenarios that require immediate action. When survivalists are able to act properly and with urgency, they will be able to save themselves and the lives of other people. One great benefit for campers, hikers, and adventurers nowadays is that they can access all the information they need for survival on the internet.

Survival in a challenging or even life-threatening situation is not impossible. Just as long as survivalists utilize their knowledge and skills in dealing with outdoor threats and risks. There are also an increasing number of survival tools and guidelines available. This means anyone who wants to learn the basic survival techniques can always do so without attending trainings. Survival seminars are also advisable for those who usually engage in risky outdoor activities.

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Congratulations! You made it to the end of the book!

If you enjoyed this book, I hope you will go over to Amazon again and leave a review.

Thank you for your time and I hope you learned something!

About the Author



With a love for sports and the martial arts, Marc has been participating in sporting events and competitions most of his life. As a kid, he remembers staying up late into the night with his parents to watch as much of the Olympic Games as he possibly could and still make it to school on time.

Now as a husband and father, he enjoys sharing his love of sports with his family and friends through his classes and teaching experiences. As a martial arts instructor, he works tirelessly to instill a love for sports in his students, all while encouraging them to hang out in front of the television each time the Olympic Games are held.

Additional Resources

[Inside the 2012 London Olympic Games](#)

[Inside the Winter Olympic Games: History of the Winter Olympics](#)

[Inside the Summer Olympic Games: History of the Summer Olympics](#)

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